K Dixon (R.) 1167. e 22

Advice for the Poor by way of Cure & Caution.

Being very ſenſible that it is impoſſible for all the Phyſitians now in London *Effectually to attend the Cure of this Sickneſs in Perſon; And that the neceſſities of people are ſuch, that it requires all that can be done for them both in Perſon and Paper; and alſo finding nothing of this nature hath as yet been Printed, I have therefore for publick uſe and benefit ſo plainly laid down the manner of Cure in this Paper, that any Nurſe may do as much for the Sick ſhe attends for leſs then* 12 d. *as is neceſſary, or the Diſeaſe will permit. I alſo aſſure my ſelf that if care could or rather* WOULD *but be taken, that every private family, eſpecially the poorer ſort, for whom it is chiefly intended might have but a Paper delivered to them* By Publick Authority, *not only the Patient but Phyſician (if he be candid and without reſerve) will find it a great help to him in his practice.*

The uſe I make of it my ſelf in Practice is when people come to me, I bid them read the Paper, and do as they are there directed in the Cure; and by this meanes I do relieve and help them more then otherwiſe (had I Twenty hands) it were poſſible for me to do. *By* T. COCKE.

The CURE *God Permitting.*

FOr all Perſons ſo ſoon as they find themſelves ill or infected, (Excepting the very Aged and Conſumptive) is imediately to (1) Vomit, eſpecially if Repletion, or any Surfeit was the cauſe, or they find any inclination to it: In this caſe don't diſpute it but imediately (2) Vomit, with *of* Carduus *Peſſet, and drink it all off; This will coſt about* ſix pence. (2) *But if there be any ſharp or pricking pains about the Groynes,* &c. *or the Diſeaſe lye much in the Head or hath aſſaulted and weakened the heart, then only Sweat; and at the ſame time apply outwardly* Warm, *to the Fore-head, Temples, and Heart,* Pole Armoniack, *and Oyl of* water Lillies *of each one penny worth, with as much* Vinegar *as will make it a ſoft Paſte; if you add a little* Camphere *and* Salt Peter *it will be the better. This Medicine being of great uſe, (when the violence of the Diſeaſe lies much in the Head) is therefore to be had in a readineſs at thoſe* Apothecaries *hereafter mentioned,*

EXPULSIVES.

(1) *The beſt way of Vomiting will be to put two or three Ounces of* Oximel of *Squill, into a Pint or Quart*

(3) *Or* Elect, de. Ovo 2 *Drams, or a Scruple, or Sir* Walter Rawleighs, *or Mr* Dixons Sudoriffique, *or rather Dr* Burgeſs Sulpher auratum *againſt the Plague, which doth both* Vomit, Sweat, *and* Purge.

(4) *You muſt ſpread the Plaiſter upon Leather, and cut it into ſix parts, thoſe two for the Ears no bigger then a half Crown; the other each of them about the bigneſs of a hand: Thoſe that are ſo extream poor that they muſt rather begge then buy, rather then they ſhall want ſo neceſſary a help, are to have the Plaiſter* gratis; *others to pay* ſix pence.

(5) *Thoſe that can make uſe of an Apothecary, the beſt way will be to anoint the ſwelling with Oil of Roſes, Lillies, or* Unguent *of* Althea; *and then put upon the Tumor, the Plaiſter of* Diacalum cum Gummis, *or Mr.* Dixons *Plaiſter.*

(6) *And uſe this for a Cordial, a quart of Claret burn'd; and afterwards put into it almoſt a quarter of a pint of Vinegar, and this makes a very* [illegible] *and profitable Cordial* Julip. *The Richer ſort may inſtead of Vinegar, uſe Spirit of* Vitriol, *Syrup of* Citrons *or* Lemmons, *ſo much as will make the wine ſharp and pleaſing to taſte; neither need a better be provided, if they uſe* Zeduary *inſtead of Ginger when they burn the Wine.*

a Draught of warm water, and 2 or three ſpoonfuls of Salt diſſolved in it, uſing the Finger or a Feather, dipt in Oyl to provoke it, if it come not away preſently.

Within one quarter of an hour after, whether you Vomit or no, go into a warm Bed and ſweat Fifteen or Twenty hours (if it can poſſibly be endured) with two or three pennyworth of *London* Treacle, (more or leſs, accordig to to the Age and Conſtitution of the party) diſſolved in five or ſix Spoonfull of warme Vinegar; (3) and as often as they Thirſt during their Sweat, let them Drink freely hot Poſſet-Drink, or Mace Ale, a little Roſemary and Sage boiled in it, and Drink no other Drink for two or three days; nor any cold Drink for four or five days or more: An hour or two after the Sweat is over, and the Body well dried with warm Cloaths, they muſt waſh their Mouths and Hands with warm water and Vinegar, and then (if their ſtomach will permit) they may refreſh themſelves with ſome convenient food; as Mutton Broth, Egg Caudle, Water-Gruell, or Panada, with a ſprig of Roſemary, Mints, or Thyme, boiled in it.

This being done they may go to ſleep, and at the ſame time they go to reſt, to put on the Veſecatories (4) or Bliſtering Plaiſter of *Cantharides*, (which may be had at any Apothecaries) *under* the Ears, Arm-holes, and Groines, and let them lie on ſix or eight hours, then take them off and clip the Bliſters if they be not broke, and keep them running till the Diſeaſe be over, which may be done by buying at any Apothecaries a peny-worth of *Melilotte* Plaiſter, commonly called the Green Plaiſter; and applying it to each Bliſter, and renewing it as often as conveniently you can: And if at any time there be in any part of the Body any (5) ſwelling apply the ſaid Green Plaiſter conſtantly to it, and continue the taking of (6) Cordials, or the former Poſſet-Drink of Sage untill they be well come forth or break; and when they are broke keep

them

them running as long as you can, by applying the ſaid Green Plaiſter to them: And take great notice, That when you have Running Sores, there is great hopes of life; but the leaſt Cold being taken, it is certain death, and Hundreds have miſcarried by going abroad too ſoon: In ſuch caſes therefore (upon the forfeiture of Life) keep Warm within doors for two or three Weeks, or until the Sores be perfectly well: Alſo if the Diſeaſe lie much in the Head and the body be bound, you may ſafely at any time give this Suppoſitory, *viz.* a Fig ſlit and fill'd with Salt, and ſo put up into the Body, putting up after it a ſmall piece of Candle if two or three inches long: Or if there be any violent Looſeneſs, great burning heat, or Drowth, boyle then in their Poſſet Drink, Plantaine, Sorrel, or Knot graſs; where theſe cannot be had Vinegar may be permitted, ſo much as to make the Poſſet Drink a little ſharpiſh.

Theſe few and plain Directions deſign'd and contrived for the pooreſt and meaneſt Perſons and Capacities, being carefully obſerved may with Gods bleſſing be the meane of preſerving ſuch as ſhall uſe them, neither (waving in ſuch Exigencies as theſe, all Rites and Ceremonies) can more be done, where the Phyſician Can or Cannot be conſulted. And I do ſolemnly require all that are concern'd in my Practice, as they reſpect their lives to adviſe with this Paper to all Intents and Purpoſes, as if *I* were perſonally preſent.

A Neceſſary Caution.

THe Great Miſtake that *I* find about *Preventives* againſt the Plague hath occaſioned the Publiſhing of this Paper for Publick uſe and benefit; it being not only my own, but the Judgment of thoſe that ought *moſt to be Truſted*, That thoſe Hot Medicines of (7) Sir *W. Rawleigh*, Dr. *Burgeſs*, Mr. *Dixon*, and ſome others ſo much taken notice of, are, without exception, of very great Worth for ſuch as are Infected, Yet ſo far are they from being *Preventives* of *This* preſent Infection, That they are rather great promoters of it, by Exalting Blood, and diſpoſing

PREVENTIVES.

(7) *One pound of the Conſerve of* Wood-Sorrel, *of* London Treacle, *and* Bole Armoniack, *Sirup of Vinegar, or Sirup of* Citrons, *of each one Ounce, is undoubtedly a far more ſafe and Soveraign* Preventive, *taken morning and night, the quantity of a large Nutmeg. The poorer ſort may put the* Bole *and* London Treacle *in a pint of Vinegar, and take a Spoonfull Morning and Night, firſt ſhaking it.*

(8) *By avoiding all things, that may inflame, over heat, and exasperate Blood as Salt Diet, and strong-Drinks.*

(9) *By Temperance, and not cooling the Blood too fast after it is heated, by a too sudden and eager use of Cold and crud things, as small Beer and Fruits.*

(10) *Within doors you cannot, nor is there a better Fume to be used, both for the Preventing* Infection, *and securing persons Infected, then* Sulphur *and* Nitre, *that is* Brimstone *and* Salt-Peter, *with a little* Assa Fetida, Stone-pitch, Mirrh, Labdanum *or* Olibanum, *and upon very good grounds I judge it to be no ways inferior to that commonly called* St Giles's Powder, *which is common* Salt-Peter *disguized, and sold for* 16 *shillings the Pound; how much it is now improved is left to an impartiall judgment to determine, which with the addition (things rightly managed) may be afforded at two shillings the Pound. Burne this Fume in infected houses four or five times a day, about a spoonfull at a time, in Houses that are not infected, twice a day will be enough, and good to be used in* Taverns, Coffee-*Houses, and* Churches, *and places of common resort. Also I cannot but commend, as the best of* Preventives, *the use of a little* Diascordium *rub'd in the inside of the Nostrils when people walk the streets or visit the Sick.*

of it for Feavers, especially in Young, Leane, Sanguine, Cholerique, Constitutions and Persons: But Corpulent, Rheumatique, Aged and infirm people and *No others*, may safely be permitted the moderate use of them, and other Hot Medicines, as *Zeduary, Angelica, Rue*, &c.

Those that appoint, or shall plead for the promiscuous use of them, either mistake themselves and good Authors, or do not consult the Causes of *this present Contagion*, but judge of it as of former *Pestilencies*, proceeding from *Putrefaction*, by an Intemperies of those first qualities, *Heat* and *Moysture*; whereas (things rightly examined) an *Arsenick some* by a Dyscrasy of *Heat* and *Dryesse* will be found concerned in it; And as this Consideration is (in the behalfe of better judgments) propounded; So also (till solid reasons be produced to the contrary) 'tis desired that the great Error of *Hot* and *Dry* Medicines for *Preventives* may be Reformed.

The great businesse to prevent the *Plague* is to prevent (8) *Feavers* and (9) *Surfets*; and therefore the Colledge in compliance with his MAJESTIES great care of His people, have prohibited the use of all Green, raw Crude and unindigested Fruits, especially Cucumbers, Mellons, and Cherries, other Fruits moderately used may be permitted: Neither are they to be understood where they advise hot Medicines, that there hot Medicines are to be used as *Preventives* but *Expulsives*; that is for Sick, not for well persons.

The provision I make for my selfe is to live Temperately, to wash my hands and mouth frequently with Vinegar and Water, and to make the best provision that may be to supply by (10) Artificiall Fumes and Sents, the defects of a sound, wholsome and well constituted Aire.

Inwardly

in the Mouth, and let down into the Stomack (by a Stiptick property it hath to close the Orifice of the Stomach and passages that lead to it) they resist the Attraction of Malignancy into the inward parts, by strengthning the Lungs, and wonderfully assisting the Heart (by fixing Humours) to resist sudden Death: The use of which are of very great benefit for Lawyers, Clergy-men, and Citizens, who have publique converse and concernments with people: I take no other my self, who am not ignorant of most that are Extant.

prepar'd Orientall Bol
Florentine orrice, *of eac*
halfe a pound, Sugar tw
pound, Tormentil *roots on*
Ounce, Mirrh *in powder ha*
an Ounce, with Gum Dra
gon *dissolved in Vinegar*
make a past for Lozanges

Those that would hav
more ample satisfaction c
the great worth of this mea
who in the great and dread

Medicine, let them read Gallen, lib. nono, de Med. facult. *full Plague at* Rome *left this Observation to posterity, that very few miscarried that mad use of it. Those that shall except against the Authority of so worthy a person as* GALLEN, *were but people in such Controversies competent Judges, they would not suffer them selves under the notion and noise of* Chymistry *to be so easily deceived; but because they nei ther are, nor can be, they ought to confide (as a thing most reasonable) in those Persons, an that Practice that hath undergone by the best of men the test and triall of so many Ages.*

An ADVERTISEMENT.

The Fume *and* Lozanges *mentioned in this Paper, are to be had at* 12 pence *the Paper, each Paper of the* Fume *containing half a Pound, each Paper of the* Lozange *containing two Ounces, at every Parish Clerks house in and about* London *and when these* Clerks *are unprovided of any of the said* Medicines, *they or any other Persons may be supplyed at these* Apothecaries, *viz.* Mr Wilkinson *at the* Pestel *and* Morter *in* Finch Lane *over against the* French Church. *And* Mr Reeds *at the* Queens-Armes *in* Fan Church-street, *and no where else at present: Also all, or any of the Medicines mentioned in this Paper are to be had at the same* Apothecaries *at reasonable Rates, with the Paper and Directions how to use them* (gratis.)

At the Cock-pit, *Aug.* 4th. 1665.

HAving received very good Testimonies of the Abilities of Dr *Thomas Cocke*, and his readinesse to do good to the people in this time of Infection, by his Directions and Remedies in a Paper by him published. I do therefore hereby recommend the said Papers unto publick use, and do desire that the *Church-Wardens* of their respective Parishes, do take such quantities of them to be distributed to each several Family as shall be thought fit and convenient. Given under my hand and Seal at the *Cock-pit* this 4th day of *August*, 1665.

ALBEMARLE.

Midd. ss. HAving very well informed our selves of the benefit of that may be had by the use and carefull observance of the Directions and Remedies in this Paper; We do therefore recommend them and the said Papers of Dr *T. Cocke* to publick use, and desire that every Parish Clerk whom it shall concerne, may have delivered to them a sufficient quantity thereof, and they to deliver them to every respective Family in their said Parishes, especially the poorer sort, that they may not be left destitute of all good and necessary helps. Given under our hands and Seals this Third day of *August* in the 17th year of His MAJESTIES Reign.

Present, The Right Honourable the

Lord Craven. } { John Underwood.
Edmond Warcupp. } { Thomas Wharton.

A Directory for the Poore, *against the* Plague *and Infectious* Diseases.

Published for the Common good.

SInce it hath pleased God to bestow a small Taleut upon mee, Christianity obliges mee not to hide it in a Napkin, but to bestow it upon my fellow Christians, who are not able to purchase the advice of those who will communicate nothing *gratis.* Therefore, that every one may know how to prepare for themselves that means of preservation that God hath given us, and the dictates of Nature prompts every one to seek after, I have here published such Remedies, as, being timely used, will preserve all such as God hath appointed for life. And such as are not able to make it themselves, though the charge be very small, I hope Christian charity will move their Neighbours of more ability to provide it for them, and not suffer them to perish for want, and thereby endanger not only a greater calamity, but draw down a just Judgment upon themselves.

The Cordiall Antidote against the Plague.

Take *Sage*, *Rue*, of each one handfull, *Masterwort* root, *Butter-bur* root, *Angelica* roots, and *Zedoary* of each half an ounce, *Virginia Snake-*

root

root a quarter of an ounce, *Safron* 20 grains, *Contra Yerva* a dram *(at the Herb ſhops and Drugſters you may have them all) Malago Wine* a quart, bruiſe the herbs, and pound the roots, and put them in a Pipkin cloſe covered, and ſet it to the fire, and let it ſtand hot, but not boil, for the ſpace of an hour or better, then ſtrain it out, and put in a quarter of an ounce of *Mithredate*, and as much *Venice Treacle*, which diſſolve in it. Take hereof half a Spoonfull every Morning firſt, and every Night laſt, for preſervation; but if one be taken ſick, then let them drink a quarter of a pint, and cover them to ſweat. This drink will powerfully fortifie the vitals, and by ſweat throw out the *Malignity* of the diſtemper. If you ſee that the party ſweat not enough, you may give as much more; and ſo you may take a larger quantity then before is preſcribed for Prevention, as you ſee cauſe, and the Conſtitution requires.

A Drink for all Malignant Feavers.

I recommend unto you a Poſſet drink to drink after it, wherewith I have cured many hundreds, in the time of the late unhappy Wars, of deſperate Feavers *Couſin (German* to the *Plague*) which was then an *Epidemicall* diſeaſe, and uſed no other Medicine.

Take *Caràuus Benedictus*, *Scabious* and *Butter-bur* roots, and boil them in poſſet drink, and let them drink largely of it; and be not too ſparing of your ingredients, for they are eaſie enough to be had.

It may be objected, That it will be ſo bitter you cannot drink it: To remedy that, boil it in the milk firſt, and the longer it boils, the leſſe bitter it will be; and when the bitterneſſe is gone, ſtrain it, and ſet it on the fire again, and when it boils, put in your drink, and let it ſtand to raiſe the curd, which take off.

This poſſet drink hath ſtayed violent *Vomitings* and *Looſeneſſe*: by drinking largely of it many have been cured in 24 houres, when nothing but death hath been expected.

An outward Application for the Plague.

I will likewiſe give you an outward Medicine, as good as you ſhall find in any ſort compoſed, which you may make your ſelves. Take *Bay-ſalt* if you can get it, and pound it ſmall and burn it in a Fireſhovel till it leave crackling; if you cannot get *Bay-ſalt* take *White-ſalt*, and powder it very fine, then take *Caſtle-ſope*, ſlice it thin, and pound it in a Morter; adde to it as much oil of Lillies, as will make it ſoft to an oyntment, then take two parts of *Sope*, and one of *Figs*, and one of *Salt*, and another of *Mithridate*, and mix them together.

This will not deceive you in your expectation, for it will break any

Peſtilentiall

Peſtilentiall Bubo, or Swelling, and turn out a Carbuncle, and ſtrongly drawes out the Malignity, and makes it fit to be cured by any ordinary Medicine.

I would admoniſh all, not to ſuffer any thirſt in any of thoſe that are ſick, but forbid ſmall and cold drink; but let them drink Beer of a reaſonable ſtrength, heated as hot as they can drink it, the hotter the better; and ſuch as can attain unto it, may moderately drink fragrant generous Wine, and *Cordiall* VVaters.

There is one main cauſe of Diſeaſes, by which many people are ſpoiled, and all are in danger to be infected with ſome foul diſtemper or another. Nay, there is none in ſafety, but his life, or at leaſt health is in danger of it, from him that ſitteth on the Throne, to him that grindeth at the Mill, and that is the *Butchers* in blowing their meat, when nothing is more uſuall then for *ſtinking fellowes* to blow up the meat with their filthy *Pockey*, *Stinking*, *Putrified* Breath, whereby they putrifie the fleſh, and thereby are unknown Diſeaſes communicated to the people, which is the cauſe of ſo many calamitous and ſtrange diſtempers. It were therefore heartily to be wiſhed, that the Right Honourable the *Lord Major* and the reſt of the Magiſtrates were well informed hereof, that by their pious care the Lawes made againſt theſe Peſtilent Offenders were duly put in execution, which would conduce much to the health and ſafety of the people, which God preſerve.

Roger Dixon.

From my Houſe in Water-lane *near the Cuſtome-Houſe*, 16 June 1665.

FINIS.